'It's been a dream,' says Rouge urban park's first resident photographer metroNEWS

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Your essential daily news | MONDAY, JUNE 27, 2016

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For a guide to all the highlights and hidden gems in the week ahead, we've got you covered metroNEWS

LIZ BEDDALL/METRO

Canadian expats on edge over Brexit

HISTORIC VOTE

Free movement throughout EU key issue for youth: T.O. prof

May Warren
Metro | Toronto

For six years, Robyn Agoston has been inching towards becoming eligible to apply for British citizenship.

The 34-year-old management consultant, who spent much of her childhood in Toronto, was working towards the goal because she wanted an EU passport.

That's something that may now never happen as she and thousands of other young Canadian expats in Britain woke up Friday morning to the new reality: A U.K. that has voted to leave the EU.

"I cried," Agoston said over the phone from London. "It just signals a society that is full of fear, and intolerance and hate, and it no longer aligns to my personal values."

Phil Triadafilopoulos, an associate professor of political science at the University of Toronto, said a key issue for young people is being able to move across Europe's borders without visas and work in 27 other countries.

"Younger people valued their ability to move around and voted overwhelmingly to remain, and older people saw this freedom of movement as a threat to their identity and as a threat to perhaps their jobs," he said.

A pre-Brexit YouGov poll had 64 per cent of people ages 18 to 24 saying they would vote to stay in the EU compared to only 33 per cent of people 65 and older.

Triadafilopoulos said the "terms of the divorce" still need to be negotiated and that may take a couple of years.

But he doubts people will be able to move around as freely. The EU will want to show "anti-EU political forces in other countries that there's a cost to leaving the European Union," he said.

Nineteen-year-old Sanjana Varghese, a Canadian citizen who was raised in Toronto, wonders if the Brexit will mean she's competing against EU citizens if she decides to apply for another visa for further studies in a few years.

She's also concerned about the rise in xenophobia and racism she's seen associated with the leave camp.

"It's something you already see here so that's kind of worrying," she said.

For Agoston, the Brexit only makes her more grateful for her Canadian passport.

"All my Canadian expat friends are going," she said. That one way ticket back home "all of a sudden seems much more appealing," she added.

PLUS: 'THEY'VE DOOMED A GENERATION' metroVIEWS

metro NEWS

Your essential daily news

Ottawa-area woman becomes first lady of Iceland. **Canada**

Humans of Toronto by K. Omar

"Il faut mettre de l'amour dans tout ce qu'on fait." ("We must put love in all we do.")

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

Tory faces transit promise test

SMARTTRACK

Funding for network falling short by at least $11B

John Tory has staked his mayoralty on a promise to usher in a new era of transit planning for Toronto. It's a promise that will be put to a serious test in the coming weeks.

Since his election in 2014, Tory has relentlessly criticized his predecessors for bungling the transit file and insisted that under his watch the city won't repeat the mistakes of the past. No more transit lines based on drawings "on the back of a piece of paper," no more approving projects without a plan to pay for them, he has said.

After a speech Wednesday to the Toronto Region Board of Trade on his transit vision, he derided politicians that came before him as "champion hand-wringers, champion ideologues, champion polarizers" who talked a lot about building new transit but never got any of it done.

Later the same day he promised to match his own ambitious transit plans with funding to build them. "To try to fool people into thinking there's going to be free transit … would be something that I won't do," he said at an announcement of new GO stations being labelled as part of his SmartTrack line.

"It's not honest."

Yet at a meeting of his executive committee on June 28, Tory will ask councillors to do precisely what he has criticized previous city leaders for doing — move ahead with billions of dollars of transit lines, with no clear plan to fund them.

When senior staff prepared a brief public accounting earlier this week on a network of proposed subways, light rail lines and new stations to be built over 15 years, they needed only to copy-paste: "Unfunded. Unfunded. Unfunded. Unfunded." The shortfall currently totals at least $11 billion.

While Tory insists he won't accept any excuses for failing to make progress, the mayor, in lock-step with the city's chief planner Jennifer Keesmaat, has pitched the latest network expansion plan at a time when Toronto's finances have hit a wall.

John Tory takes the subway to work and elects to pay using tokens. TORSTAR NEWS SERVICE

And while Tory slams the "ideologues" who he says have let their own aspirations get in the way of delivering the better service that residents desperately need, his colleagues have questioned whether his own transit priorities are politically compromised.

The mayor will be challenged to justify those priorities at a council meeting next month that could see an attempted revolt over the $3.2-billion, one-stop subway extension to Scarborough that a growing number of councillors have started to doubt.

TORSTAR NEWS SERVICE

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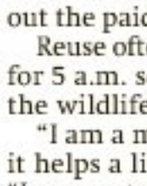
OCAD grad gets 'dream' job

WILDLIFE

Photographer gets to capture the best parts of Rouge Park



Steven Goetz
For Metro | Toronto

Heike Reuse has landed a job she's having trouble describing as work.

The recent OCAD University grad is the first resident photographer at Rouge National Urban Park. She's spending the summer on the park's trails, documenting its landscapes, wildlife and the visitors who come to escape the city just beyond its borders.

"Lots of people do this type of thing in their spare time, but I get to do it every day and get paid," Reuse told Metro. "It's been a dream."

Parks Canada approached OCADU looking for a photographer to serve in the position and Reuse was selected from among the students who applied.

The young photographer specializes in landscape photography and would have been hunting local conservation areas for images even without the paid gig at the Rouge.

Reuse often gets to the park for 5 a.m. so she can capture the wildlife as the sun rises.

"I am a morning person so it helps a little bit," she said. "I commute from Mississauga, so I don't mind getting ahead of the traffic."

The wildlife is easier to find in the early morning, she said, and her best images of the park's resident swallows and toads came during those magic hours.

She also attends the park's events and public activities. Last week she hung out with a group of new Canadians learning camping basics, and she likes to head out with groups who track the number and variety of toad calls observed from the trails.

1 A swan in the wetlands near Rouge Beach at sunset. Reuse said this part of the park is a great place to spot cliff swallows building their home and to kayak, canoe, swim and catch some rays.

2 Rouge Park resident photographer Heike Reuse holding a Blanding's Turtle, one of the park's threatened species. Parks Canada and the Toronto Zoo are working to restore the turtle population by releasing zoo-raised turtles into the park.

3 Shot from the park's north end, Reuse said this photo shows the park's distinguishing features: proximity to the city, natural landscapes, and protected agricultural lands.

4 "One morning I ended up having a little photoshoot with this tree swallow near the park's Vista Lookout," Reuse said. "He had so much character."

5 Reuse shot this photo of Parks Canada employee Jessica Stevens during a Learn To Camp event, where new Canadians learned to set up a tent, build a campfire, and identify park wildlife.

ALL PHOTOS: HEIKE REUSE

"The summer is going by so fast and I can't believe I got the chance to do this," Reuse said.

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‘That’s not what I see’

DEVELOPMENT

Planner says 64% of shops at base of condos are indie stores

Luke Simcoe
Metro | Toronto

A Toronto planner is discounting the theory that downtown storefronts are turning into a sea of chains as condos boom overhead.

“I live downtown, and I walk downtown, and that’s not what I see,” said Sean Galbraith, president of the Galbraith and Associates planning firm.

Plus, he’s got the raw numbers to prove it.

Galbraith recently completed a study of downtown Toronto retail, comparing the make-up of stores in older buildings with their newer counterparts. The study catalogued 478 commercial units across 138 locations downtown.

“The results surprised a lot of people,” he said.

While there’s a common perception that downtown condo retail is all chain stores, they’re actually the exception, not the rule, a new study says. LIZ BEDDALL/METRO

Independent retail and commercial stores are still thriving in Toronto’s downtown core, he said. In fact, 64 per cent of businesses located at the foot of mid-rise or high-rise buildings downtown are independent, he said.

The ratio of independent businesses to chains or franchises is slightly lower in developments built after 2006, but only by about 10 per cent, Galbraith said.

> **Contrary to the perception, development is not leading to a monoculture.**
> Sean Galbraith

“Contrary to the perception, development is not leading to a monoculture of chain stores,” he said.

The study specifically pulled out data about Starbucks and Subway — companies he said are commonly linked in people’s minds to new developments.

Galbraith found the chains were present in almost equal numbers in both old and new buildings. He found Subways in 13 per cent of all buildings. Ten per cent of old buildings and 12 per cent of new ones were home to a Starbucks.

“Basically, these things are everywhere,” he said.

Policies have been effective

Galbraith said city policy around ground-level retail has been successful at maintaining a mix of different businesses.

However, more could be done to ensure condo developments contain smaller commercial units, which are more attractive to independent retailers, he said. Developers and condo boards may also need to lower the rent if they want to attract a diversity of tenants.

“Ultimately, it comes down to retail economics. We need to make sure these spaces remain affordable for independent businesses,” he said.

LUKE SIMCOE/METRO

Sean Galbraith TWITTER

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July 12 – Scarborough, 6:30 to 8:30 p.m.
Scarborough Civic Centre, Rotunda Room
150 Borough Drive
(McCowan Rd. & Ellesmere Rd.)

July 14 – North York, 6:30 to 8:30 p.m.
North York Memorial Community Hall – Burgundy Room
5110 Yonge Street

July 21– Etobicoke, 6:30 to 8:30 p.m.
Father John Redmond Catholic Secondary School – cafeteria
28 Colonel Samuel Smith Park Drive

A truly Metro-politan view

TTC boss Andy Byford has worked on transit systems on three different continents and travelled the globe on the hunt for ideas that could work here. These are the cities he says stand out as transit models.

Travelling with **ANDY BYFORD**

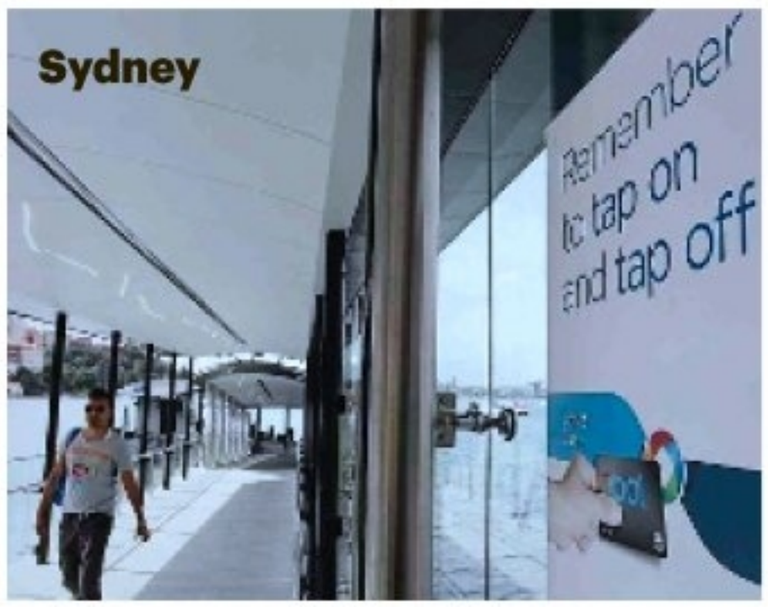
May Warren
Metro | Toronto

London

Byford calls the U.K capital his "transit alma mater" because it's where he started — working 14 years on the Tube and then the rail system.

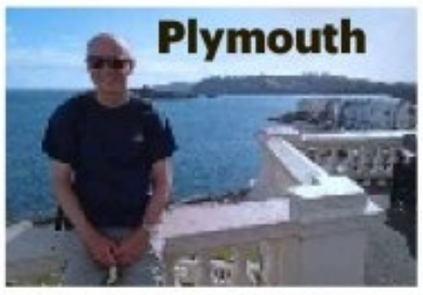
What really makes the city tick is there's one "truly effective" planning authority called Transport for London, which oversees all the region's transit.

"So you don't get these little turf wars and arguments between departments. It's co-ordinated and well thought through," he said.



Byford spent three years working on transit in Sydney and calls it "a fabulous place if you can avoid being stung, bitten or eaten."

He loves how the city didn't reinvent the wheel when they wanted a smart-card system. They modelled it after London's Oyster card and renamed it Opal, in honour of Australia's national stone.



CONTRIBUTED; ALL OTHER PHOTOS GETTY

Byford was raised in this coastal British city from where pilgrims sailed hundreds of years ago.

It will always be special to him, but Toronto could learn from some of its mistakes, namely shutting down the airport in 2011.

"The thing that makes my heart break is it's a perfectly good strategic asset that has been mothballed for the last five years."

Byford also sees some parallels with the GO train corridor but is happy to now see "serious plans to make better use of it."

San Francisco

San Francisco has incorporated out-of-service cars from all over North America into their system.

It perfectly sums up what he loves about the Northern Californian approach to transit, which includes everything from subway to cable cars. "They really cherish their heritage," he said.

Hong Kong

Byford is a huge fan of Hong Kong's "super efficient" and "very clean" subway and has visited many times.

"If you have a delay of more than, I think it's three minutes but certainly five, that results in a formal inquiry in the legislature. It's that unusual and taken that seriously," he said.

He loves how new development pays for transit instead of the other way around. "They sell air rights above stations and they generally get developers to pay for new subway stations so they're embedded within apartment buildings," he said.

ABOUT THIS SERIES

Many of the people charting Toronto's future share a passion for travel and building strong cities.

This summer, Metro is asking key decision-makers about their favourite cities and what Toronto could learn from them.

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Your guide to Pride

EVENTS

Portrait exhibit and cabaret show among the offerings

Liz Beddall
Metro | Toronto

Now in its final week, Toronto's Pride Month is dishing out the very best of its inclusive, provocative and cheer-inducing programming in the city. While the annual festival famously culminates in a weekend of parades that see Church Street exploding in colour and fanfare, there are plenty of other opportunities to celebrate in advance of the grand finale. Here are some hidden gems and highlights:

The Village will come alive this week as performers, vendors, speakers and visitors descend upon Church Street for Pride 2016. LIZ BEDDALL/METRO

10x10 exhibit: Opening reception (June 30 — Gladstone Hotel)
This popular, visual arts event that annually features portraits of 100 LGBTQ Canadians from the arts community, shot by 10 queer Canadian photographers, will be open to the public for the evening starting at 7 p.m. Curator James Fowler as well as all this year's photographers will be onsite to chat about their work, which will expand to three floors of the Gladstone Hotel.

Viva Cabaret (June 30 — The Rivoli)
A one-man cabaret show that sees impersonator extraordinaire Yury Ruzhyev take on the persona of over 20 of the world's favourite divas. Channelled femme fatales will include Liza Minnelli, Tina Turner, Cher, Madonna and Lady Gaga, to name a few. Lightning-fast transitions and eye-catching dance routines await.

Two-Spirit Rainbow Pow Wow (July 1 — TD Village Stage)
A first for Toronto Pride, this evening of indigenous art, culture and music programmed by and for Two-Spirit people will engage and inspire into the night. The set will feature Two-Spirit dancers, Juno Award-winning duo Digging Roots and First Nations-inspired electro dance beats by DJ Shub of A Tribe Called Red.

Family Pride (July 2 and 3 — Church Street Public School)
This family-friendly party on the grounds of an elementary school in the Village is celebrating its 16th year with the festival. The event offers an array of sports, games, crafts, face painting, storytelling and live performances for young festival attendees.

Art Fair (July 2 and 3 — Alexander Parkette)
Visit Alexander Parkette over the weekend to take in the artistic expressions of youth from schools, programs and groups across the city, with themes relating to identity, legal rights and social justice initiatives.

TECHNOLOGY

Neckband translates humming into words

Elena Chukalovskaya always knew her daughter had a voice. Now the rest of the world can hear it, too.

Maria, 10, has cerebral palsy (CP), a neurological disorder that interferes with the signals passed between her brain and muscles. The condition makes moving arms and legs an arduous task. In Maria's case, it's also difficult to control the muscles needed for speech.

To an outsider, her voice has been difficult to understand. But now, she can tell you, quite clearly, that her favourite Disney film is The Fox and the Hound and that her mother Elena loves her "very, very much."

This life-changing clarity comes from a grey neckband that translates her humming sound into words spoken through a computer. Developed at the Bloorview Rehab Centre, the "Hummer" converts vocal cord vibrations into a digital signal. The message is then fed to a computer which deciphers the noise as if it were a click of a mouse, allowing users like Maria to type words and complete sentences. TORSTAR NEWS SERVICE

Elena and Maria Chukalovskaya TORSTAR NEWS SERVICE

IN BRIEF

Man dead after being pulled out of Lake Ontario
A man in his 20s has died after he was pulled out of Lake Ontario near the Jack Layton Ferry Terminal.
The man was out with friends early Sunday when he disappeared. The police performed a marine rescue and he was rushed to St. Michael's Hospital in life-threatening condition but later died. TORSTAR NEWS SERVICE

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ENVIRONMENT

Tracker device challenges you to reduce fuel consumption

May Warren
Metro | Toronto

An eco-group is asking drivers to take matters into their own hands with the Smart Drive Challenge. TORSTAR NEWS SERVICE FILE

Every weekday morning, Stacey Peters drives about 45 minutes from her home in Etobicoke to her Toronto office, giving her trusty Kia Rondo quite the workout.

This summer, she's decided to gauge the larger impact of all those kilometres as part of what's been dubbed the Smart Drive Challenge.

"I'm driving by myself and feeling kind of guilty about it," said Peters, who used to take the TTC before her office moved and has seen her carpool options dry up. "I want to learn new ways I can be driving efficiently so I can be reducing my greenhouse gases."

Spearheaded by non-profit Scout Environmental, the challenge has people like Peters in the GTHA and around Victoria, B.C. installing the equivalent of a Fitbit in their cars. The program aims to get people driving less — and better — with the goal of reducing their fuel consumption by 15 per cent.

Drivers who sign up get training and the tracking device, which will give them information about how they're using gas and how they are driving. They can also compare themselves to other drivers.

It's just one piece of the grand puzzle to prevent climate change, said Mike Driedger, program director.

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The Amigos are in town

OTTAWA

Brexit at forefront of North American leaders' meeting

North American leaders meeting in Ottawa this week are being confronted with the seismic economic ripples caused by Britain's decision to leave the European Union.

Canada and Mexico must also take the opportunity to strengthen their bilateral co-operation as a counterweight to an incoming U.S. administration that may be anti-trade and inward-looking about American interests, experts say.

Those thorny issues will lurk beneath the surface of what will be an attempt by the so-called Three Amigos summit to announce a new mechanism that keeps Canada, the U.S., and Mexico co-operating closely after President Barack Obama leaves office in seven months.

Prime Minister Justin Trudeau and Mexican President Enrique Pena Nieto will join Obama in the trilateral meeting, before Obama addresses Parliament later on Wednesday.

Their three-way bonhomie swims against a current of global disengagement in the U.S. presidential election. The presumptive Republican nominee, Donald Trump, has talked about new trade barriers and criticized international military co-operation, while his Democratic rival, Hillary Clinton, has opposed the Trans-Pacific Partnership deal.

Now, the Brexit vote, which marks the start of an unprecedented negotiation to take Britain out of the EU, provides a stormy backdrop to the carefully crafted, sunny script of North American co-operation and solidarity to be delivered by Trudeau, Obama and Pena Nieto.

Trudeau's environment minister, Catherine McKenna, told CTV's Question Period on Sunday the contrast between Britain's exit and growing North American co-operation will buttress the Three Amigos theme.

THE CANADIAN PRESS

Syrian refugee student Abu Bakr al Rabeeah and English teacher Winnie Canuel in Edmonton on Wednesday. The pair are launching a book called Homes, which was written in collaboration.

JASON FRANSON/THE CANADIAN PRESS

EDMONTON

Refugee's tale with teacher's help

What's your secret wish?

That's the first question teacher Winnie Canuel asks her students at the start of English as a second language classes at her Edmonton school.

For Abu Bakr al Rabeeah, an Iraqi refugee from Syria, there were two answers. First, he wanted to be a soccer player. But second, and perhaps more urgently, he wanted to tell his story.

This week, that wish was realized in a way the soft-spoken 15-year-old never imagined: it was published in a book.

Al Rabeeah and Canuel began working together last fall, about six months after his family arrived in Canada as 10 of the 23,000 Iraqi refugees who've settled here since 2009.

As they talked, he relayed stories of his early childhood in Iraq, such as being slapped in the face by his Grade 2 teacher for being a Sunni Muslim.

Escalating tensions between Sunnis and Shias forced his family to flee Iraq and seek refugee status in Syria in 2010.

The next year, the Syrian civil war broke out. Every night at dusk, he told Canuel, a sniper would climb to the roof of his family's apartment building and use it as a base to fire at anti-government rebels living in the streets below.

His family lived with the war for three years before being brought to Canada.

About 60 per cent of Syrians are under 14, placing unprecedented pressure on the system.

THE CANADIAN PRESS

POLITICS

Canadian is Iceland's first lady

Voters in Iceland have elected a new president, and in doing so have made a Canadian woman the Nordic nation's new first lady.

Gudni Johannesson has been declared the winner of Sunday's vote, which means his wife will assume the first lady's role.

Eliza Reid — who grew up in the Ottawa Valley — met Johannesson when they were both studying history in England.

The pair moved to Iceland in 2003, married a year later and now have four children.

Reid, 40, who works as a writer and editor, recently said she believed her Canadian background helped her husband's campaign because she doesn't try to be something she's not, and that appeals to people.

THE CANADIAN PRESS

Gudni Johannesson with his wife Eliza Reid and children.

MIDTOWN Honda

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Tourists pose for a photograph in Madrid. The news of the U.K. vote to quit the European Union is leaving British expatriates filled with fear about their future. Those who have built lives abroad worry what the vote may mean for their property, their pensions and their medical benefits. FRANCISCO SECO/THE ASSOCIATED PRESS

Expats are spooked by results of Brexit

POLITICS

Britons living in EU worried about their futures

Tad Dawson's pub in this Spanish vacation town was doing a brisk business in the summer sun. The only dark clouds he saw were coming from the bar's TV, tuned to a British news channel.

Inside the Yorkshire Pride were many British tourists watching the screen as their prime minister announced his resignation Friday after the U.K. voted to leave the European Union.

Dawson, a 51-year-old Englishman who has lived in Spain since the 1990s, admits the decoupling of Britain from the EU other 27 member nations has him spooked.

His future is suddenly uncertain.

"We're very scared because I've been here 23 years. I've got my house, my kids were born here, they went to a British-Spanish school, I've got a bar, I've got a lot to lose," Dawson said at his pub, which was decked out with the red-and-white English flags featuring the St. George's Cross.

EU leaders are due soon to begin unprecedented, and knotty, negotiations on how to extricate the U.K. from the bloc. Crucially for British expatriates, EU laws stipulate that the bloc's citizens have the same rights as those nationals in any other member nation.

Nobody is saying what the rights of Britons living in the EU might be in a future outside the bloc. Dawson worries about losing his entitlements in Spain, which is part of the EU.

"We don't know how we're going to be now," he said. "We might have no pension. We might have no medical. We may have to sell our properties. We've lived here for a lot of years. We don't know how it's going to affect us anymore."

THE ASSOCIATED PRESS

> **We've lived in Spain for a lot of years. We don't know how it's going to affect us.** Tad Dawson

POLITICS

Scotland threatens to block change

Britain's shocking decision to remove itself from the European Union brought more political turmoil Sunday as Scotland's leader threatened to block the move and the Opposition Labour Party's leader veered dangerously close to losing his post.

The sense of unease spread as European leaders stepped up the pressure on Britain to begin its complex exit from the 28-nation EU immediately, rather than wait several months as British Prime Minister David Cameron prefers.

With London's jittery stock market set to reopen Monday, the leaders of the successful campaign to leave the EU stayed largely out of the public eye.

If they were silent, Scotland was not. Popular First Minister Nicola Sturgeon said she would "consider" advising the Scottish Parliament to try to use its power to prevent Britain from actually leaving the EU. She said Scottish lawmakers might be able to derail the move by withholding "legislative consent" for a British exit, or Brexit.

Scotland's First Minister Nicola Sturgeon AFP/GETTY IMAGES

Sturgeon said she believes Scotland's approval is required for the move but conceded the British government would likely take "a very different view."

Thursday's U.K.-wide vote to leave the EU was very unpopular in Scotland, where 62 per cent cast ballots to stay.

Cameron said that he will resign as prime minister when the Conservative Party chooses a new leader, who will be charged with implementing the separation from the EU.

The new party leader, who will become prime minister, is expected to be in place by October. At that point, he or she may choose to call a quick election to solidify a mandate — and the prospect of an election may have spurred a revolt against Labour leader Jeremy Corbyn.

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Six stabbed in California

POLICE

Violence erupts as right-wing extremists clash with protesters

At least six people were stabbed Sunday when members of right-wing extremists groups holding a rally outside the California state capitol building in Sacramento clashed with counter-protesters, authorities said.

Sacramento Fire Department spokesman Chris Harvey said emergency crews transported six people who were stabbed, some critically wounded, and that many other people had cuts, scrapes and bruises.

"There was a large number of people carrying sticks and rushing to either get into the melee or see what was going on," Harvey said.

California Highway Patrol officers managed to break up the large fight but some members of both groups remained in the area an hour after the fight first broke out, Harvey said.

Videos from the melee posted on social media showed mounted police officers dispersing a group of mainly youth, some with their faces covered, while some throw stones toward a man holding a stick and being shielded by police officers in riot gear as he enters a glass building.

The victims were all present while a protest took place, said Sacramento Police spokesman Matt McPhail but he said it was still unclear whether and how they were involved.

The Traditionalist Workers Party had scheduled and received a permit to protest at noon Sunday in front of the Capitol. McPhail said a group showed up to demonstrate against them.

The Southern Poverty Law Center has described TWP as a group formed in 2015 as the political wing of the Traditionalist Youth Network, which aims to "indoctrinate high school and college students into white nationalism."

THE ASSOCIATED PRESS

REFUGEE CRISIS MORE THAN 3,300 RESCUED Migrants disembark after arriving at the port of Messina, Sicily, on Sunday. The Italian coast guard says it has co-ordinated the rescue of 3,324 migrants in the Mediterranean Sea, as Libya-based smugglers exploited a spell of good weather and calm seas to launch boats full of migrants toward Italy. BRAM JANSSEN/THE ASSOCIATED PRESS

IN BRIEF

Spain's political future still unclear after election

Spain's repeat election on Sunday failed to clarify the political future of the EU's fifth-largest economy, with the main parties placing roughly the same as in last December's ballot, which brought six months of stalemate. The conservative Popular Party, again collected most votes in the election but still fell short of the majority of 176 seats it needs in the 350-seat Parliament to form a government on its own.

THE ASSOCIATED PRESS

Orlando massacre looms over New York pride parade

With a moment of silence, New York City's gay pride parade kicked off Sunday, a celebration of barriers breached and a remembrance of the lives lost in the massacre at a gay nightclub in Orlando.

Onlookers stood a dozen deep along Fifth Avenue, many waving rainbow flags. Some spectators held up orange "We are Orlando" signs, and increased security was everywhere.

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Wearable tech offers cure

HEALTH

Vancouver doc tells patients technology is good for them

When patients visit Dr. Vahid Sahiholnasab for a routine check-up, he often asks to review their electronic fitness trackers.

He is learning that integrating new gizmos into health regimens can be a steeper climb than convincing people to walk 10,000 steps each day.

"It's strange territory," said Sahiholnasab, who is also a clinical instructor at the University of British Columbia. "You're going to find a lot of resistance."

Even so, the Vancouver doctor is on a kick to persuade the population that technology is good for their health.

He's among a group of entrepreneurs in B.C. who are developing innovative gadgets that can be worn, a rapidly advancing market known as "wearable technology."

Liliya Sahiholnasab, 6, uses a special pair of glasses designed by Dr. Vahid Sahiholnasab to help correct her posture at her home in Richmond, B.C. THE CANADIAN PRESS

Sahiholnasab has designed a pair of high-tech glasses to prevent children from developing bad posture while playing with devices like smartphones and video games.

He's tackling a problem identified by a Dutch spinal surgeon that's been dubbed "Game Boy Disease," where kids are increasingly complaining of neck and back pain.

His wearable product, called the EyeForcer, sends a warning to slouching children and shuts the game down when they've hunched over too many times.

"Whether we want it or not, we are heading toward wide use of technology in health care," said Sahiholnasab, whose company is called Medical Wearable Solutions.

Other B.C. inventors putting wellness into people's hands have also discovered that cool ideas aren't always snapped up.

"It's all a little unknown," said Paul Fijal, head of product development with Awake Labs, whose team is developing a wearable band for people with autism.

"(There's) the whole aspect of it being new and unexplored."

The bracelet, called Reveal, is equipped with sensors that measure and track physiological signals in real time, providing information on emotions and behaviour. Parents and caregivers can better read, for example, whether the wearer is feeling high anxiety.

Fijal said a crowdfunding campaign is doing well as the team continues testing a prototype for release in May 2017. But he has heard concerns about privacy and basing health care solely off signals transmitted by a bracelet.

His team is addressing those worries by reminding people of existing privacy laws, while Fijal said they will rely on "early adopters" to open the wider market. "People who recognize the impact and the potential and are OK with the risks," he said, describing families of autistic children enthusiastic to test the bracelet.

THE CANADIAN PRESS

EDUCATION

Ontario eyes work program

All Ontario high school, college and university students will have to participate in work co-op programs if the government keeps its promise to implement the recommendations from a panel of business and education experts.

The "highly skilled workforce expert panel" was set up last December to develop an integrated strategy to better link the education system with the future job needs of the province's economy.

The panel recommends better partnerships between educators and employers to "bridge the gap between the skills industries need and what the workforce offers," and suggests all students get "experiential learning" or work co-op placements.

"I believe that young people need to have experiential learning opportunities, both in the elementary and secondary panels, and in the post-secondary education panel," said Premier Kathleen Wynne.

THE CANADIAN PRESS

Kitty cat mugs belonging to James "Whitey" Bulger and Catherine Greig.
THE ASSOCIATED PRESS

JAMES "WHITEY" BULGER

Gangster's goods fetch $100,000 at auction

A rat-shaped pencil holder and a sterling silver "psycho killer" skull ring were among the belongings of gangster James "Whitey" Bulger that pulled in more than $100,000 US at a court-ordered auction to raise money for his victims.

Hundreds of items belonging to Bulger and his longtime girlfriend, Catherine Greig, were up for bid at Saturday's auction in Bulger's South Boston hometown. The proceeds will be split among the families of Bulger's victims, including 20 people killed by Bulger and his gang and extortion victims.

Bulger's coveted rat-shaped pencil holder, a nod to the gangster's longtime status as an FBI informant, sold for $3,600 US. The skull ring, one of the auction's prized items, brought in $5,200 US. The gangster's gold and diamond Claddagh ring, appraised at $10,000 US to $15,000 US, fetched the highest price of the auction: $23,000 US.

Bulger, now 86, was convicted of a host of charges, including participating in 11 murders, during a 2013 racketeering trial. He is serving a life sentence. Greig was initially sentenced to eight years in prison, then got 21 additional months for refusing to testify.

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metro VIEWS
Your essential daily news
Monday, June 27, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I invited people to a birthday party without making clear that it was a birthday party. None of the invitees has confirmed. Should I have been more clear about the birthday part?

Dear Ellen,

I sent out an invitation to friends and family to attend my team's roller-derby bout. I mentioned I'm not playing, but it would be great to get their support. It also happens to be my birthday but no one has confirmed. Should I have been more forthright and said it was my birthday and this is how I wanted to celebrate it? I am nearing 40, and birthday parties are getting old, but I was hoping this was a way to get friends and family together. I almost feel like people forgot it's my birthday, and I feel awkward having to remind them.

Signed,
RollerGirl

Dear RollerGirl,

Make no mistake. You're feeling "like people forgot" your birthday because they did.

But why take it personally? And why expect anyone to come to an event that you're not even competing in, especially when they don't know why you asked them?

Before we address the etiquette question, though, let's address what you want on a purely emotional level.

You have a choice between two unpleasant states: feeling embarrassed and slightly resentful that you have to remind people it's your birthday or feeling irritated and totally resentful when everyone forgets it's your birthday and declines your invitation to a roller-derby-themed birthday celebration that, so far, exists only in your own head.

The internal mess you're creating for yourself stems from wanting something from people who have no way of knowing what you want.

You see the problem here? I think you do, because you yourself spell it out in your letter: "Should I have been more forthright and said it was my birthday and this is how I wanted to celebrate it?" The answer, R-Girl, is "yes."

The internal mess you're creating for yourself stems from wanting something from people who have no way of knowing what you want, which is the recipe for disaster in all relationships.

If you are a Knight of the Round Table, or a hero in a Thomas Hardy novel, or an all-purpose, self-styled relationship martyr, you may find solace in silent suffering accompanied by a feeling of superiority at your Olympian powers of repression.

But if you are an emotionally healthy grown-up, you will shun these unnecessary agonies and simply ask for what you want, in a direct and respectful manner. Sure, you might feel silly asking for a birthday party, but there's no shame in it. In fact, it's extremely polite to do so, in order to save friends and family from feeling bad later if they've forgotten.

Being clear about your innermost desires — within the bounds of good taste and the law, at least when it comes to public events — shows excellent manners. It gives the people in your life a fighting chance of not being resented or despised for not being able to read your mind.

So party on, RollerGirl, and happy birthday.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

What will the Brexit result do to the London I knew?

"F---king c--ts."

That was the first message I got, hours after the Brexit vote, from a once-proud Yorkshireman who could not believe it.

"I'm at a wedding," he wrote. "Then I'm leaving my country for a place which isn't dictated by fear and xenophobia. I am so f--king upset. I actually cried. Which is a hard thing for me to do." (I would have thought near impossible.)

"They've doomed a generation."

"They" would be the northern, economically challenged, older and less educated British who polls say made up the bulk of the "leave" camp, whose victory in last Thursday's referendum figures to tear the U.K. out of the European Union.

This friend, like everyone I know in the U.K. — maybe a hundred or so Gen Yers and millennials — was furious. The scope of their lives had shrunk to a pea. Or so it seemed.

From 2010 to 2012, I lived in a cramped flat in a crumbling old council house, London's ubiquitous social housing developments, with a rotating list of broke international riff-raff. We were Danish and Italian, Australian, English, Canadian. Rent was so high the living room was a bedroom. And in packing ourselves into a tinderbox of a kitchen for dinners (Styrofoam ceiling tiles can't possibly be to code) we made a family. Datchett House, on Virginia Road in East London, became Dats--t, our beloved dump of a home.

The city — its crippling cost of living, its war zone of a Tube rush hour, its superiority complex and its brutal loneliness — sent home in tears anyone who lacked the fortitude or foolishness to keep going. Those who stayed made it better. We worked hard at jobs we loved, and some we hated, and paid rent and taxes and bought groceries and filled the pubs. We took the crazy transit routes, and sang in choirs and befriended corner-store clerks. We were a part of our communities. A good part. A financially beneficial part: One 2014 study found EU immigrants paid more in taxes than they received in benefits, and contributed £20 billion over 10 years.

Most of my friends, and many observers, believe the refugee crisis and immigration are behind the decision that seems to have upended a continent. But xenophobia is wholly at odds with the London I knew, the antithesis of my little, dilapidated flat. Internationalism is the birthright of my generation, or at least, we thought it was.

Yorkshire, my friend's "selfish" county in the northeast, voted leave.

"I'm handing in my Yorkshire passport," my friend wrote, and I couldn't tell how hyperbolic he meant it. "No longer a Yorkshireman."

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"To see a Bill Cunningham street spread was to see all of New York."

New York Times Executive Editor Dean Baquet said on Twitter Saturday. Cunningham, a longtime fashion photographer for the Times known for taking pictures of everyday people on the streets of New York, has died. He was 87.

No sleep for the lucky few

HEALTH

Why some people don't need to snooze for eight hours

Stats show the average Canadian sleeps for eight hours and 18 minutes, which would be a bit of a nightmare for Alastair Summerlee.

He has slept a maximum of four hours a night, waking at 40-minute intervals, his entire life. On the rare occasion, usually after cutting down to just two hours, he might crash for six.

"When I wake up, I feel like death," Summerlee, 63, says of those unusually long sleeps. "I'm assuming that's what (other) people are like when they wake up in the morning."

Though many try to cut back on sleep, the ability to thrive — not just survive — with only a few hours of sleep is rare, shared by an estimated 1 per cent of the population. Scientists have started to study their genetics and behaviour of these natural "short sleepers," to unlock some of the mysteries of sleep regulation and its effect on human health.

Sleep deprivation in most people means grumpiness, brain fog and impaired motor function. But many short sleepers have a genetic anomaly that allows them to jump out of bed after a few hours. They are often described as preternaturally optimistic, energetic and happy.

Whatever the body does during sleep is critical for health. Long-term health consequences of chronic sleep deprivation include an increased risk of heart disease, stroke, diabetes, obesity, depression and dementia. But short sleepers are seemingly exempt.

"They can do this, lifelong, without paying any price," says Dr. Ying-Hui Fu, a geneticist and professor of neurology at the University of California, San Francisco School of Medicine, who studies natural short sleepers. Fu believes genes, not habits or wishes, determine the need for sleep.

"A lot of people say, 'I trained myself to do this,'" says Fu, who gets seven hours of sleep but prefers eight. "Maybe they can do that for 20 years but then develop this problem or that problem. They often don't even know it's because they're chronically sleep-deprived."

Through recruitment for a study on early risers, Fu's team found two members of a family who were both "morning larks and night owls" and slept about six hours a night, two hours less than the North American average.

Exome sequencing, in which expressed genes are mapped, showed these short sleepers had the same mutation on the DEC2 gene, which influences the circadian clock. Mice bred with the mutation experienced shorter periods of both REM and non-REM sleep, and recovered faster from sleep deprivation.

The findings were published in the journal Science in 2009, after which numerous natural short sleepers contacted Fu, who now has about 100 participants in her ongoing study. Some are healthy and vibrant at advanced ages, including one woman who was still volunteering in her 90s after sleeping only five hours a night. (Fu has since identified other, non-DEC2, genetic mutations associated with short sleeping.)

TORSTAR NEWS SERVICE

For most, sleep deprivation can have serious consequences, says Sunnybrook Hospital **sleep neurologist Dr. Andrew Lim,** who has published research linking fragmented sleep to the risk of Alzheimer's disease and stroke in older adults. But many short sleepers have a **genetic anomaly** that allows them to jump out of bed after a few hours. ISTOCK

+ SHORT SLEEPERS

These seemingly bionic high-achievers may be "habitual short sleepers," as opposed to their genetic counterparts

Margaret Thatcher
Britain's prime minister claimed to sleep only four hours a night, a fact often held up as a symbol of her determination and willpower.

Thomas Edison
The inventor of the light bulb disdained the need for sleep. "Sleep is an absurdity; a bad habit," he has been quoted as saying.

Donald Trump
The presidential wannabe has bragged he sleeps as little as possible. "I like three hours, four hours, I toss, I turn, I beep-de-beep, I want to find out what's going on," Trump said last year.

Marissa Mayer
The Yahoo CEO reportedly managed a massive workload while an executive at Google by working 130 hours a week and pulling weekly all-nighters.

metro

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Finding meaning helping others

WHY I LIKE MY JOB

Alison MacKenzie, 27, Neighbourhood Convener with Agincourt Community Services Association and Project Manager with Building Roots – Toronto, ON

My passion is community development. The job entails collaborating with local residents, service providers and community stakeholders to coordinate social change around neighbourhood priorities and concerns.

Although I achieved my Master of Social Work from the University of Toronto, there are plenty of opportunities for volunteers and college/bachelor's degree graduates to expand their careers in community services. Most recently, I partnered with the city, employment centres, community agencies and residents to plan a unique training program for underemployed and unemployed professionals in the food sector. I have also worked with a diverse range of professionals to organize and facilitate initiatives that help residents better connect with their communities.

Starting out in this field can be as simple as volunteering. My first experience was supporting newcomers as they arrived in Canada. I found it very meaningful to support others while working alongside like-minded members of the community. The more I volunteered, the more I realized I could leverage my creativity and skills in social work to help people in many different ways. I believe you can really build the career of your dreams in community services, as there are plenty of opportunities to explore and endless areas of the community to serve.

THE BASICS: Community Services Worker

$36,618

Median wage of community services workers and social workers. Some workers in this field can earn up to **$54,000** as they advance to roles as counsellors, community engagement workers and program planners/facilitators.

+12.8%

The amount of growth expected in this field over the next 8 years.

Data for this feature was provided by payscale.com, statcan.gc.ca, onetonline.org and jobbank.gc.ca

HOW TO START

A career in this field generally requires a community services worker (CSW) or social service worker (SSW) diploma from an accredited college, or a bachelor's or master's degree in social work (BSW/MSW). Previous experience as a volunteer can support applications to some post-secondary programs and occupations in community-focused environments, including refugee centres, homeless shelters and social innovation hubs

WHERE YOU CAN GO

The recent call for more community and social service workers has stemmed from an influx in social needs, a growing population and increase in community organization funding. Graduates and experienced volunteers can find rewarding work in group homes, rehabilitation centres, community facilities and non-profit organizations.

NEXT CAREER STEP

Having a least one year of steady experience builds a healthy foundation for career advancement. Advancement to such occupations as family and marriage counsellors, probation officers, and program planners and facilitators can be achieved with additional training. CSW graduates may also apply for the Registered Social Service Worker (RSSW) designation to put their social services skills to use in the workplace.

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AUSTIN CLARKE

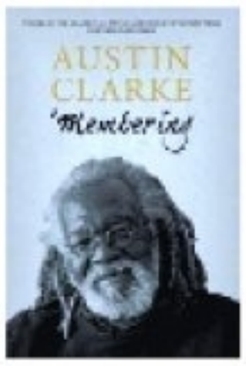
Giller Prize winner dies at 81

Austin Clarke, the Toronto-based writer who won the Scotiabank Giller Prize and the Commonwealth Writers Prize for his 2002 novel The Polished Hoe, has died. He was 81.

Clarke frequently wrote about the immigrant experience and being black in Canada. He was born in St. James, Barbados, and moved to Canada in 1955 to attend the University of Toronto. He soon turned to journalism and subsequently to fiction.

During the late 1960s and early '70s, Clarke became a visiting lecturer at a number of major U.S. universities. He also worked as a cultural attache to the Barbadian Embassy in Washington.

In 1997, his novel The Origin of the Waves won the Writers' Trust Fiction Prize. And his 1999 novel The Question was nominated for the Governor General's Award. In 1998 Clarke was made a member of the Order of Canada.



Clarke's biggest moment in the literary limelight came in 2002. After 10 novels, five short-story collections and several books of memoirs, Clarke was awarded the Giller prize for The Polished Hoe. The novel tells the story of Mary Mathilda, a plantation owner's black mistress who confesses to a brutal crime.

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ADDICTIONS

Helping LGBTQ youth in recovery

Tim McConnell wrestled with drug abuse and gender identity as a teenager. When it reached a crisis, there was nowhere to turn to get help with both.

So during almost two years in and out of drug addiction treatment, McConnell stayed silent when it came to identifying as transgender, fearing discrimination.

"I felt as if I was forced to make a choice between my sobriety and my identity, and ultimately that meant I could have neither," says McConnell, 27, who tried to cope by "compartmentalizing my life."

With so much of recovery depending on honesty and addicts coming to terms with who they are, it was a huge dilemma.

Eventually McConnell slowly opened up to one counsellor, which began the process of self-acceptance that led to sobriety.

McConnell, sober for eight years, is determined to change things so other LGBTQ youth struggling with addiction don't feel they have to make that wrenching choice.

That's why McConnell and Geoff Wilson, also recovering from drug addiction, co-founded Pieces to Pathways, a program that provides peer support, counselling, drop-ins and connections to services such as medical and family support for LGBTQ youth ages 16 through 29 who want help with substance abuse.

The pilot launched this year through Breakaway Addiction Services in Parkdale with funding from the Toronto Central LHIN. The full program is currently on hiatus but an application is in for permanent funding.

Pieces to Pathways is "a badly-needed program," says Dennis Long, executive director of Breakaway, who says the agency is determined to secure ongoing funding of $300,000 a year to get it up and running permanently.

They began a pilot program of peer-led support groups earlier this year. One offered a harm-reduction approach and the other was abstinence-based.

They concluded a dedicated program where youth can safely share all aspects of their lives "is vital." And without that space and staff who have personal experience in recovery, most wouldn't have continued to show up, their report said.

Wilson and McConnell want to shift attitudes by consulting with agencies on how they can make services more inclusive, prevent discrimination and become better informed.

A recently-announced $25,000 grant from the Laidlaw Foundation will cover costs of a new Pieces to Pathways project, which will provide one-on-one support to LGBTQ youth from visible minorities. TORSTAR NEWS SERVICE

From left: Geoff Wilson and Tim McConnell, founders of Pieces to Pathways. a peer-based LGBTQ addictions recovery program. TORSTAR NEWS SERVICE

Learn to spend wisely

SMART SPENDING

Make a list, don't cheat and watch for those knee-jerk buys

Gail Vaz-Oxlade
For Metro Canada

For years I've blathered on about conscious (as opposed to conspicuous) consumption.

The masters of marketing work hard to convince you to spend money you really, really shouldn't. That means you must be vigilant if you don't want to be caught in consumerism's web.

The biggest and bestest tip I have for keeping your shopping on track is to always, and by that I don't mean sometimes, shop with a list. Whether you use a grocery list to stop you from impulse buying a bunch of crap at the supermarket, or you use a "Wants List" to prioritize the things you'd like to buy for yourself, having a list is gold. The rules are simple:

One: If what you want to buy isn't on the list, you can't buy it.

Two: You can put the item on your list and go home, and then go back out again, assuming you have the money to pay for it.

You can always find a good reason to scratch your acquisition itch. We are the masters of rationalization.

Three: You've got to wait a specific amount of time — 48 hours, two weeks, a month — so that the purchase becomes one that has been planned.

Right behind the list comes the "one-in-one-out" rule. You really want new drinking glasses since your shelves hold an odd amalgamation of vessels you've collected over the years.

This one is easy. You buy yourself new glasses and get rid of the old stuff.

But the rule also applies to shoes, dresses, and books. The rule applies to everything! So before you can bring anything new into your home, you must figure out what you're going to get rid of.

No cheating. A big-screen TV cannot be offset by getting rid of that horrible vase your SIL bought you. It has to be comparable. It must give you pause to think.

Then there's the "if I have the money to spend I have the money to save" plan. That's when you allocate a specific amount for savings every time you spend money on a want.

Decided to buy a new pair of boots? You not only have to have the money for the boots, you've got to have the 10 per cent you plan to save. So if you're planning to spend $200, you'll need an extra $20 for your savings.

If you're spending money as a knee-jerk reaction to your Spending Gremlin's whispers — "You work hard, you deserve it," "Ooo isn't it pretty?" or "Everyone has one, I want one too!" — you're putting short-term gratification ahead of your financial health.

If you're spending money because some great marketing program reached into your wallet with its pretty packaging or "buy two get one free" obfuscation, you're proving you're as dumb as they think you are.

Some pretty basic money rules will help you avoid getting trapped in the marketing spider's web. ISTOCK

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And we apply this rationalization to why we need to buy a certain car, acquire a bigger house, or wear brand names. It isn't about meeting needs. It's about the marketing spiders weaving their web. Don't be the fly that get's caught.

For more money advice, visit Gail's website at gailvazoxlade.com

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metro SPORTS

"It seems in Ontario we like to get kicked in the n-ts": Don Cherry was not happy with the lack of GTA players drafted by the Leafs

'It's about progress'

NHL DRAFT

Leafs have hope with addition of Matthews et al

Taking part in his second draft as the head coach of the Toronto Maple Leafs, Mike Babcock couldn't help but notice where his team was forced to sit on the draft floor in Buffalo: Up near the front with all the worst teams from the previous season.

He preferred a spot at the back with the winners. Auston Matthews, the Leafs' first No. 1 overall pick in more than three decades, should help in that process.

While the club added 10 other prospects to a growing pool of talent, it was the selection of Matthews that stole the spotlight. Babcock described him as having the size, drive and ability of a "championship-type centre."

The Leafs haven't had a standout centre since Mats Sundin, who joined Toronto in 1994 and spent 13 seasons with the team.

"I think more than anything, what we see when we talk to him is just someone who loves the game of hockey who obviously had to work very hard as a youngster to find hockey," said team president Brendan Shanahan, referring to Matthews' minor hockey background in Arizona.

Toronto will likely be brimming with speed, skill, youth and inexperience next season.

"I think we'll be really exciting," Babcock said. "I think you go fast and I think sometimes you go to the wrong places. But that's a way better group than we started with last year. To me that's what it's about, it's about progress."

Unlike last year, when the Leafs drafted a number of small, skilled types, this year's crop of prospects had plenty of size.

Beyond the six-foot-two Matthews, Toronto selected six-foot-four Russian winger Yegor Korshkov, six-foot-three American goaltender Joseph Woll, six-foot-four defenceman J.D. Greenway as well as Keaton Middleton, a six-foot-six 235-pound defender from the Saginaw Spirit, and six-foot-five blue-liner Nicolas Mattinen of the London Knights. THE CANADIAN PRESS

DID YOU KNOW?
The Leafs haven't had a Calder Trophy winner for top NHL rookie in 50 years.

The Leafs unveiled their new sweater after picking Auston Matthews No. 1 in Buffalo on Friday. BRUCE BENNETT/GETTY IMAGES

MLB

Sale keeps Jays in check for 13th W

Chris Sale pitched eight innings of two-run ball to become the majors' first 13-game winner, and the Chicago White Sox beat the Toronto Blue Jays 5-2 on Sunday.

Tim Anderson and J.B. Shuck homered to help Chicago take two of three from slumping Toronto, which has dropped five of seven. The White Sox returned to .500 (38-38) with their fifth win in seven games.

Sale (13-2) allowed five hits, struck out seven and walked two.

Troy Tulowitzki and Junior Lake hit home runs for the Blue Jays (41-36). THE ASSOCIATED PRESS

Chris Sale GETTY IMAGES

IN BRIEF

Reyes welcomed back to New York City

Jose Reyes was a big hit in his return to New York.

The longtime Mets star received a warm welcome from the crowd and played errorless defence at third base Sunday and was hitless in three at-bats for the Class A Brooklyn Cyclones against Hudson Valley in his first minor-league game since rejoining the organization.

He was released by the Colorado Rockies after serving a 59-day suspension this season for violating MLB's domestic violence policy. THE ASSOCIATED PRESS

Ko sets tournament record

Top-ranked Lydia Ko won the NW Arkansas Championship on Sunday for her third LPGA Tour victory of the year, closing with a 3-under 68 for a tournament-record 17-under total and a three-stroke victory.

The 19-year-old New Zealander has 13 career LPGA Tour victories, also winning the Kia Classic and major ANA Inspiration in consecutive weeks in Southern California. She broke the previous tournament record by two strokes. THE ASSOCIATED PRESS

Top squads power up

EURO 2016
ROUND OF 16

Germany, Belgium, France on to quarters

France, Germany and Belgium sealed their places in the quarter-finals of the European Championship on Sunday as three of the pre-tournament favourites lived up to their promise.

There was a scare for the host nation after Ireland scored a second-minute penalty, but Antoine Griezmann struck twice after the break to give France a deserved 2-1 victory in Lyon.

While France was made to work hard to advance, Germany had no such difficulties in a polished 3-0 victory over Slovakia, and Eden Hazard inspired Belgium to what ended up as a crushing 4-0 win over Hungary.

The relief was palpable at the Stade de Lyon after France finally overwhelmed an Ireland side that had led through Robbie Brady's early penalty kick, after France midfielder Paul Pogba bundled Shane Long to the ground.

Antoine Griezmann, top, played the hero for France on Sunday, scoring both of its goals. AURELIEN MEUNIER/GETTY IMAGES

Ireland worked tirelessly to defend its lead but Griezmann's two goals in the space of three minutes midway through the second half saw the natural order restored, and a red card for Shane Duffy in the 66th minute all but ended the contest.

"When Ireland took the lead it made us a bit more uncomfortable in the first half," France coach Didier Deschamps acknowledged. "They showed a lot of enthusiasm ... we had to dig deep."

France will face either England or Iceland next Sunday.

Germany scored early and never looked back against Slovakia.

Jerome Boateng broke the deadlock after eight minutes in Lille, his first goal in 63 appearances for Germany.

Mario Gomez stabbed home Germany's second just before the break after a clever cutback by Julian Draxler, who volleyed home the third goal in the 63rd minute.

Germany's next opponent will be Spain or Italy, which meet on Monday.

And Hazard simply lit up the Stade de Toulouse on Sunday.

After Toby Alderweireld headed Belgium into a 10th minute lead, Hazard turned it into a rout in the closing stages.

He began by surging past Hungary's defence on the left side and sending over a low cross for substitute Michy Batshuayi to steer home in the 78th minute.

The Chelsea playmaker then followed up by scoring a spectacular solo goal, skipping past three Hungary defenders and curling a shot into the bottom right corner.

Substitute Yannick Ferreira Carrasco struck the fourth in added time as Belgium lined up a quarter-final vs. Wales on Friday in Lille. THE ASSOCIATED PRESS

SCHEDULE

MONDAY'S GAMES
Italy vs. Spain, 12 p.m.
England vs. Iceland, 3 p.m.

COPA AMERICA RIVALS GO THE DISTANCE IN FINAL
Chile's Alexis Sanchez, right, falls next to Argentina's Gabriel Mercado during the Copa America Centenario final in East Rutherford, N.J., on Sunday night. For the story, go to metronews.ca. OMAR TORRES/AFP/GETTY IMAGES

IN BRIEF

Stroll collects his third win of Formula 3 season

Canadian Lance Stroll won his fifth FIA Formula 3 European Championship race of the season Sunday in Nuremberg, Germany.

Stroll held off rookie driver Anthoine Hubert to win the turbulent race.

The Montreal native increased his lead in the overall drivers' standings to 86 points over Maximilian Gunther, who finished fifth on Sunday. THE CANADIAN PRESS

Italy narrowly tops Canada in rugby test match

A late penalty gave Italy a 20-18 comeback win over Canada in a scrappy rugby test match Sunday.

Down 18-17, substitute Carlo Canna made the decisive kick from close range in the 72nd minute after a back-and-forth game.

Italy went into the matchup holding a 6-2-0 edge in head-to-head meetings with Canada. THE CANADIAN PRESS

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PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

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Cook time: 1 hour

Ingredients
- 6 cups roughly chopped seedless watermelon, divided
- 3 cups roughly chopped tomatoes, divided
- 1 shallot, roughly chopped
- 2 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 1/4 cup roughly chopped basil, divided
- salt and pepper to taste

Directions

1. Toss 5 1/2 cups of the watermelon, 2 1/2 cups of the tomatoes, shallots, oil, vinegar, 2 tablespoons of the basil into a food processor and puree until smooth.

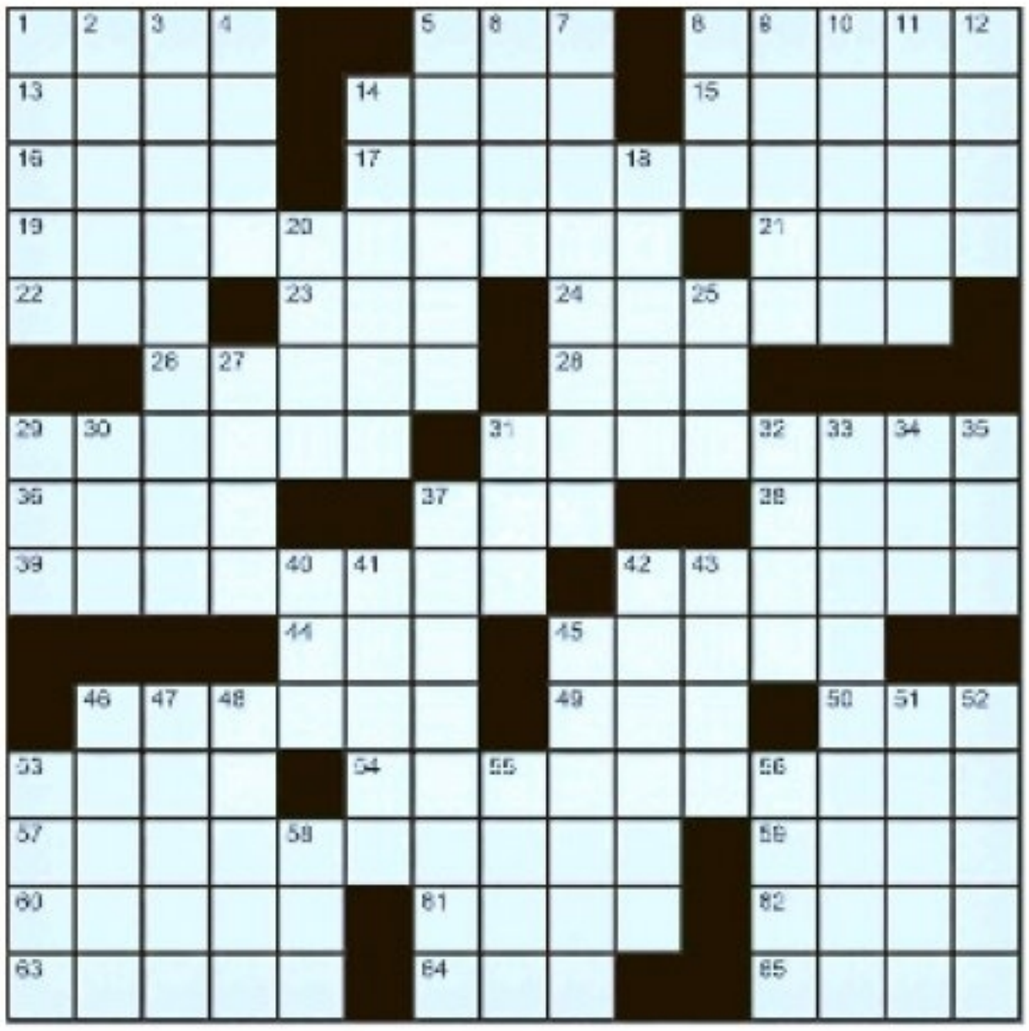
2. Transfer to mesh strainer and place above a large bowl. Strain the puree, pressing as much through as possible. Discard leftovers. Cover and chill for at least 1 hour.

3. Finely chop remaining 1/2 cup watermelon, 1/2 cup tomatoes and 2 tablespoons basil and mix together in a bowl. Pour soup into bowls and garnish with watermelon and tomato mix, and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Newfoundland as Nfld.
5. QB's cheers-getters
8. Royal horse racing spot in England
13. Yesterday: Italian
14. Volkswagen Karmann __
15. Speedily
16. End Era link: 2 wds.
17. Converted from symbols to words
19. "By the Way" songstress/guitarist from Calgary: 2 wds.
21. Sigher's word
22. Addams Family relative
23. Letter's li'l jacket
24. Nick __ (Cop played by Adrian Holmes on Bravo's "19-2" ...more at #37-Down!)
26. Start of a quiz show query, "True or __..."
28. 'Fact' finisher
29. Czech composer, Antonin __
31. Battle: French
36. __ __ TV show (Broadcast)
37. Band-Aid reason
38. Jessica of Hollywood
39. The Witching Hour
42. 1960s British model
44. Forensic evidence
45. __ kebab
46. Grand __ (Istanbul marketplace)
49. Frying pan drizzle
50. Howe'er
53. Unaccompanied
54. In-the-clouds with optimism
57. Preppy tops: 2 wds.
59. Honey drink
60. Feminine inner self, in Jungian†psychology
61. Radiate
62. Crumbly soil
63. Not tidy
64. __ bread
65. Bohemian

DOWN
1. Garlic sauce
2. Quaintly suit
3. Wayne Gretzky's Ontario hometown
4. Orange-eating discard
5. "__ been going in and out of style..." - The Beatles, 1967
6. Stand-up comedian, Andrew __ Clay
7. Summer vessel
8. "Won-der-ful!"
9. __ of asparagus
10. Sophia Loren's movie producer husband Mr. Ponti (b.1912 - d.2007)
11. Cruise ship's water
12. Mr. Danson's
14. Port city in Poland
18. 'P' of SVP
20. Ms. Ward
25. Dietary letters
27. __ Islands of Ireland
29. River barrier
30. Sundial number
31. Except...
32. Kind of wading†bird
33. Space travel distance
34. Part of a journey
35. Ron of '60s show "Tarzan"
37. #24-Across' Montreal police partner played by Jared Keeso, Ben __
40. Peak of Crete, Mount __
41. Grind teeth together
42. Crave
43. Shrewd
45. Military foray
46. Grammy-winner Debby
47. __ __ fair in love and war
48. Enlarges the on-screen image
51. "Crazy on You" band
52. Strangely enough
53. E-Mail junk
55. Canadian __ (Military force)
56. Ms. Watson
58. Perhaps...

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Family discussions will go well today. However, do note that this is a good day for real-estate deals and possibly shopping for your home or a family member. Ka-ching!

Taurus April 21 - May 21
You can make money with your words today, which is good news for writers, actors, teachers and people who sell or market. You are diplomatic and charming!

Gemini May 22 - June 21
If shopping today, you will want to buy beautiful things for yourself and others. However, you also can think of ways to boost your income.

Cancer June 22 - July 23
Travel and a desire to "get away from all this" is strong today. Do whatever you can to seek escape in a pleasant way. "Be free!"

Leo July 24 - Aug. 23
Solitude in beautiful surroundings will delight you today. Do something to pamper yourself so that you feel special and glad to be alive.

Virgo Aug. 24 - Sept. 23
You might admire a friend today, especially someone who is creative and artistic. Relations with groups, classes and clubs are warm and friendly.

Libra Sept. 24 - Oct. 23
Some of you might develop a crush on your boss or someone in a position of authority today. Others will use their connection with authority to help someone.

Scorpio Oct. 24 - Nov. 22
Try to escape on a wonderful trip somewhere today if you can. But if you cannot travel, then at least be a tourist in your own city. Enjoy art created by others.

Sagittarius Nov. 23 - Dec. 21
This is a good day to ask for a loan or a mortgage, or to ask to borrow something from someone. In some fashion, you will benefit from the wealth and resources of others.

Capricorn Dec. 22 - Jan. 20
Relations with partners and close friends are sweet and tender today. It's easy for you to imagine what it's like to walk a mile in someone else's wedges. (Hence the mutual sympathy.)

Aquarius Jan. 21 - Feb. 19
You might develop a crush on someone at work today. Others will get a raise or praise from a boss. Whatever happens, this is a pleasant day.

Pisces
Feb. 20 - March 20
Accept invitations to artistic events and social occasions because you want to have fun today! Romance is alive. Enjoy playful times with children as well.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5		2		9			
				5	1			3
		2				6		
1	8							5
	9						3	
3							7	8
		7				2		
9			6	2				
			9		4		1	

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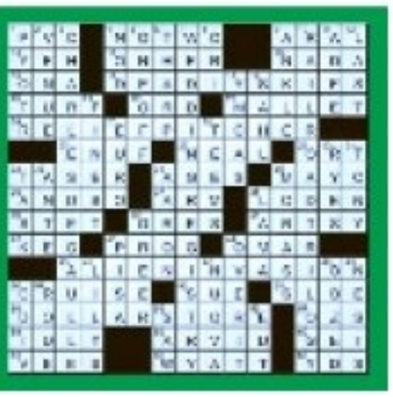
FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

7	4	6	5	9	8	3	1	2
9	8	3	6	2	1	7	5	4
5	1	2	7	3	4	6	8	9
8	3	1	9	7	6	4	2	5
4	6	9	2	8	5	1	7	3
2	5	7	4	1	3	9	6	8
3	2	8	1	4	7	5	9	6
6	7	4	8	5	9	2	3	1
1	9	5	3	6	2	8	4	7



— FREE REAL ESTATE EVENT —

FORTUNES IN FLIPPING

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And Get Started on Making $5,000 - $50,000 a Month!

Nick Vertucci
Real Estate Expert, Mentor and Coach ...
is assembling an exclusive team of wealth builders in your area. He is ready to teach people like you how to make up to **$40,000 per deal** with his 3-step "Fortunes in Flipping" program.

As Seen On

I have so much I want to tell you. It's information that can help you break through quickly and start fulfilling your dream.

Transform Your Dreams into Reality!

Right now, people in the Toronto area are making millions flipping houses. In fact, there's never been a better time to do it.

I'm holding a **FREE** event near you to tell you all about it. Let me teach you my surefire 3-step Fortunes in Flipping program ... and introduce you to your new mentors: trained real estate professionals who are actively investing in your market right now.

I'll Show You, Step-by-Step, How to Make Money Just Like I Do

I've built a real estate empire on my own. Nobody gave it to me. I took the fantastic opportunities North America provides, and I went out and got what I wanted. Now I want to give back by helping average, ordinary people – just like myself – **get a big piece of the pie.**

Some people don't think it's possible. After all, in the last five years, average homeowners have lost more money in real estate than ever before. But that doesn't faze me one bit because... During that same time period ... savvy investors (like my students and I) have made **MORE MONEY** in real estate than in any other time in our history.

We're now seeing the conditions in which **FORTUNES ARE MADE.** It all depends on which side of the market you're on. And I want to teach you how to be on the receiving end of massive wealth.

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WEDNESDAY, JULY 6	THURSDAY, JULY 7	FRIDAY, JULY 8	SATURDAY, JULY 9	SUNDAY, JULY 10
12:30pm or 6:30pm	12:30pm or 6:30pm	12:30pm or 6:30pm	10:30am or 2:30pm	10:30am
Sheraton Parkway Toronto North Hotel & Suites	**Mississauga Grand Banquet & Event Centre**	**Marriott Toronto Downtown Eaton Centre Hotel**	**Radisson Hotel Toronto East**	**Hilton Garden Inn Toronto Oakville**
9005 Leslie Street	35 Brunel Road	525 Bay Street	55 Hallcrown Place	2774 S Sheridan Way

Here are just a few of the hundreds of investors whose lives have been changed by investing with Nick Vertucci Companies.

DON & ESTER JENSEN

Closed Sales - 10 closed deals
(including partnerships and wholesale)
Profits from Sales & Wholesale $228,750
"We have also made around 20k just in referral fees for Hard Money referrals"
Pending Sales - 4 Deals
On Market - 3 Deals
Deals Under Rehab - 4 Deals
Projected Profits - $2,650,000
That's 22 Deals total since they went to Bus Tour Sept 2014

MELVA & LEON

1st Property made $37,328
2nd Property made $52,865
3rd Property made $100,105
Total of $190,298 in profit in 6 months. Since then...
2 Cash Flow properties at $2,500/mth

JOHN COOKSEY

Attended Bus Tour Sept 2014
4 Properties purchased first 6 mths
1st Flip - profit $5,000
2nd Flip - profit $8,000
1 in construction - estimated profit $80,000
1 Commercial Property (4 commercial spaces, 17 residential) - estimated Cash Flow $34,000/mth
1 Purchased Duplex - $800/mth

Individual results may vary, some are better or worse because it depends on how much time, energy and money an individual puts into their real estate business. © 2016 NVCompanies. All Rights Reserved. Gifts and promotional materials may vary.